



Lawyer Well-being: Digital Detox and State Bar Resources

Lawyer well-being involves more than physical health. In this remote-working world, lawyers are facing challenges due to reliance on technology and being on their own. This presentation will cover the challenges increased reliance on technology brings and ways to manage those challenges and will highlight the resources the State Bar's practice management program offers to lawyers at all stages of practice.

Roberta Tepper, Lawyer Assistance Programs Director for the State Bar of Arizona, has been with the State Bar since 2004. She administers Practice 2.0, the State Bar of Arizona's practice management advice program and serves as a practice management advisor, focusing on assisting lawyers to achieve success, from starting a new practice to winding down and all the steps in between. She also staffs and administers the Bar's Member Assistance Program; and she and her team provide administrative support for the Bar's 30 Sections and Young Lawyer Division and administer the Online Community. Roberta served as Bar Counsel and then Senior Bar Counsel in the Lawyer Regulation Office from 2004 until she assumed her current position in 2013.

Ms. Tepper is an active member of the Law Practice Division of the American Bar Association, serves on the Law Practice Division Council and as the co-Chair of the 2020 ABA TECHSHOW Board. She is a frequent author of articles on practice management and wellness for Law Practice Magazine and Law Practice Today. She is the Chair of the Practice Management Advisors of North America, is a Past President of the Arizona Women Lawyers Association Board of Directors and as a past chapter President is an ex officio member of the AWLA, Maricopa Chapter, Steering Committee. A graduate of the University of Arizona College of Law, Ms. Tepper is admitted to practice in Arizona, and is an inactive member of the North Carolina and Delaware Bars.

**This webinar may qualify for up to 1.0 hour of Interactive CLE
including 1.0 hour of Ethics with the State Bar of Arizona**

Arizona Prosecuting Attorneys' Advisory Council
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WEBINAR
Wednesday

When

**November 4, 2020 @
12:00 p.m.–1:00 p.m.**

Presented by:



Roberta Tepper

State Bar of Arizona
Lawyer Assistance Programs Director

